

Preliminary Program

Depression and Bipolar Support Alliance 17th Annual Conference

August 13-15, 2004
Pittsburgh, Pennsylvania

MIND • BODY • SPIRIT



Learn new coping skills,
hear the latest research on mood disorders,
find new resources and friends,
and make a difference in your life
and the lives of your loved ones!



03P-0555

SUP 1

Come to this conference to..

Open Your Mind

Researchers are constantly discovering new options in treatment, life management, and in recovery. Come and learn all you can to work towards wellness.

Listen to Your Body

When we pay attention, our bodies tell us what we need – when we're hungry, when we need sleep, when we're ill and when we're well. A healthy body is essential for healthy living.

Recharge Your Spirit

The importance of hope and a connection with spirit, however we define this, are essential aspects of wellness. By taking time for creative expression and meditation, we can strengthen our hope and recharge our spirit.

*"Thank you,
thank you!
It is giving me
hope to see that
I am not ALONE!"*

*"The conference
really helped my
mom understand
what I have
been going
through and
the challenges
I face. Before
the conference
she was not
supportive of
my illness
at all."*

*"I am full to
the brim with
information to
take back to
my group!"*

- **When we bring together mind, body, and spirit,** we create the balance that is essential to our lives. The programs and opportunities to connect with others at this conference provide us the tools we need to continue on our journey towards wellness and recovery.
- **This conference is for you!**
Whether you or someone you love are newly diagnosed or have been managing depression or bipolar disorder for years, increasing knowledge and gaining tools to work towards recovery are keys to a healthy and happy life.
- **Join DBSA for a great weekend filled with:**
 - Educational programs with practical information and tools that you can use in your daily life.
 - Opportunities to meet authors and nationally renowned experts in the field of mental health.
 - Special networking opportunities designed for you to share strength and hope with others from around the world.
 - DBSA support groups each day for patients and family members.
 - A caring, fun, and supportive environment.

"It was great. Being with a group of people where I automatically fit in is so empowering. I can't think of any opportunity for me that has this much influence on my motivation and ability to stay focused on my wellness and treatment."

Chapter Leadership Forum

DBSA will again offer a special pre-conference Chapter Leadership Forum for identified leaders from affiliated DBSA chapters and state organizations on Thursday afternoon and Friday morning. Space is limited and pre-registration is required. For information, see your upcoming chapter mailing, contact our Chapter Relations Department at (800) 826-3632, or e-mail chapters@DBSAAlliance.org

Friends of DBSA Reception

DBSA is proud to invite you to its 4th annual Friends of DBSA Reception! We hope you will join us as we continue our efforts to provide education and support on college campuses. The funds raised last year have enabled DBSA to distribute support group start-up materials and provide free educational brochures to college campuses across the country. Tickets are \$35 and may be purchased along with your conference registration. Come join DBSA on Saturday, August 14th and help make this reception an even greater success!





Register Now

17th Annual Conference
August 13-15, 2004
Pittsburgh, Pennsylvania



Return service requested

Non-Profit
Organization
U.S. Postage
PAID
Chicago, Illinois
Permit No. 8331

Hotel Accommodations

Hilton Pittsburgh
600 Commonwealth Place,
Gateway Center
Pittsburgh, PA 15222
(800) 445-8667 (reservations)
(412) 391-4600 (hotel)

All conference sessions, meetings, and meals will take place in the Hilton. Discounted sleeping room rates have been arranged at this hotel and are listed below. Discount rates are applicable to your stay between August 7 and August 18, 2004.

Hotel Rates

Single/Double Occupancy.....\$109
(\$124.26 with 14% tax)
Triple Occupancy\$134
(\$152.76 with 14% tax)
Quad Occupancy..... \$159
(\$181.26 with 14% tax)

- When reserving your accommodations please identify yourself as a DBSA meeting participant to receive these special rates.

- Please note the hotel cut-off date is **July 27, 2004.**

After July 27th, DBSA's room block will be released and additional reservations will be accepted based on availability, **at the regular room rate.**

Travel and Car Rental

DBSA has negotiated travel discounts with United Airlines and Avis Rent-A-Car to bring you special airfares and car

rental rates that are generally lower than those available to the public. Some restrictions may apply to the discounted rates. To take advantage of their great rates, contact the providers at the phone numbers below and remember to give the codes listed to receive special rates.

United Airlines

(800) 521-4041

Discount code: 524AE

Avis Rent-a-Car

(800) 331-1600

AWD Discount number: J065145

Ground Transportation

The Hilton Pittsburgh is located approximately 17 miles from Pittsburgh International Airport. Taxi fare from the Pittsburgh International Airport to the hotel is about \$30. Express Shuttle USA operates shuttle service from the airport to the hotel between 7:00am and 11:30pm. The cost is \$30 roundtrip. A special \$2 discount coupon for the shuttle will be mailed to you with your confirmation letter. Parking is available at the Hilton Pittsburgh for \$18.50 per day. Other parking lots are available nearby. Call the Hilton for more details at (412) 391-4600.

Cancellations

Full refunds, minus a \$25 processing fee, will be given for cancellations received in writing and postmarked, faxed, or emailed no later than August 2, 2004. No refunds will be issued after August 2, 2004 or to people who register but do not attend. Conference events announced in this brochure are subject to additions and changes. DBSA reserves the right to cancel this conference at any time. In the unlikely event that this occurs, registration fees will be refunded in full.

About Us

DBSA is the leading patient-directed national organization which fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, it has more than 1,000 peer-run support groups across the country. Three million people request and receive information and assistance each year.

All speakers are responsible for the content of their presentations. Discussion of an issue or product by a presenter does not indicate endorsement by DBSA or its Board of Directors. Individuals are encouraged to share the information learned at this conference with their health care providers and should not make any changes in their treatment without first consulting their health care provider. DBSA does not endorse or recommend the use of any specific treatment or medication. For advice about specific treatments or medications, individuals should consult a qualified health care professional.

Conference Schedule

Friday, August 13th

12:00pm – 12:45pm First-Time Attendee Orientation

New to DBSA or the conference? Meet others and learn how to get the most out of the conference and your visit to Pittsburgh.

1:00pm – 2:30pm Opening Session

Mood Disorders 101

Whether you were recently diagnosed with a mood disorder or want to learn more to help a loved one, this session will walk you through the definitions of depression and bipolar disorder and give you insight into possible causes, the steps of diagnosis, and general treatment strategies.

Finding Your Creative Side

Tapping into your creativity is a great way to recharge your spirit. This session will introduce you to some ways to use art and your individual creative energy to help you on the road to wellness.

Dual Diagnosis

Drug and alcohol abuse is a serious problem for many people with depression and bipolar disorder. Often these substances are used to find relief from the symptoms of the illness and can get in the way of treatment. Learn more about dual diagnosis and its treatment issues.

Advocacy in Action

Public policies are under debate at national, state, and local levels that will affect the care and treatment of people living with mood disorders for years to come. This session will teach you how you can be an advocate for change and work with others in your community to make a difference.

Parenting a Child with Depression or Bipolar Disorder

Children living with mood disorders often need special support. Come to this session to learn more about the unique needs of children with mood disorders and discuss parenting techniques with others experiencing the same challenges.

The Power of Words

Much has been written about the power of our own words, whether in story, journal, or poetry to enhance our feelings of well being. This workshop will demonstrate how journaling can be used as a step to wellness and offer tips on getting started.

6:00pm – 7:30pm Meet and Greet Dinner

Come to this kick-off dinner to meet other attendees from your corner of the world.

8:00pm – 9:30pm DBSA Support Group Meetings

DBSA will offer the following peer-led support groups:

- Depression
- Bipolar disorder
- Family/friends
- Parents of children with mood disorders
- Young adults
- Alcohol/substance abuse and a mood disorder

8:00pm – 9:30pm Yoga

Whether you're a beginner or have been doing yoga for years, this is a great way to wind down your day!

Saturday, August 14th

7:30am – 8:45am DBSA Support Groups

DBSA will offer the following peer-led support groups:

- Depression
- Bipolar disorder
- Family/friends
- Parents of children with mood disorders
- Young adults
- Alcohol/substance abuse and a mood disorder

7:45am – 8:45am Yoga

Try something new; ease into your day with yoga!

9:00am – 10:30am Ask the Doctors

Our popular session is back! DBSA brings together members of its Scientific Advisory Board to answer your questions.

10:45am – 12:00pm Wellness Strategies

Come share the strategies you've developed along your path to wellness and gain new ideas from your peers. By the end of this session you will have a list of new ways to combat the issues we face. Strategies will be related to issues specific to the groups listed below. Please sign up for a group on your registration form.

- Women
- Men
- Parenting
- Spouse/Partner Relations
- Young Adults

12:15pm – 1:30pm Lunch and Research Update Presentation

The world of mood disorders is exploding with new information. Come learn about the latest developments in diagnosis and treatment.

This is a preliminary program. All sessions are subject to change.

The Art of Effective Support

Depression and bipolar disorder affect everyone and can strain relationships and resources. Learn about the powerful role of support through interactive role-playing.

Medication Management

Often it takes some time for you and your doctor to find the right medication(s). This can be a frustrating but necessary process. Come learn what to do if side effects interfere with your daily life and hear from others on ways to stick to your treatment plan.

Legal-Ease

This session will introduce you to some of the legal issues affecting mental health. Learn about employment laws, ADA issues, power of attorney, medical directives and other ways you can protect yourself and your family.

Foods and Moods

More and more research shows that what we eat affects how we feel. Come to hear what foods tend to affect people living with mood disorders, learn what to avoid, and how to develop your own strategy for healthy eating.

Workplace Wellness

Enjoying our work can have a great impact on our wellness. But working presents its own set of challenges. This session will help you determine the working environment in which you're most productive, how and when to tell an employer about your illness, and things you can do to keep yourself healthy while under the stress of the working world.

Movement and Exercise

Many people with mood disorders have discovered that adding simple exercises to our lives can make a big difference in the way we feel. Come find some easy and comfortable ways to give yourself a healthy boost.

5:00pm – 6:00pm Friends of DBSA Reception

Join friends at this special reception. Tickets are \$35 and can be purchased using your registration form or on-site. Proceeds from the event will go towards DBSA's college outreach program.

Saturday Night Optional Activities

Pittsburgh Pirates game, 6:15pm – 10:00pm

Come out and play with DBSA and see the Pirates take on the Colorado Rockies! The price is \$17 and includes a reserved seat ticket and a \$10 voucher for use at the concession stands or souvenir shops. Pre-registration is required. Sign up on the registration form or see www.DBSAlliance.org for more details. The PNC Ballpark is approximately 1/2 mile from the hotel. Transportation to and from the ballpark is not included in the cost. Tickets are non-refundable except in the case of a rainout.

DBSA Game Night, 8:00pm – 10:00pm

Not into baseball? Don't worry – we've got plenty more games up our sleeves. Come and meet some new friends while having fun at board game night! Light refreshments will be provided.

Sunday, August 15th

7:30am – 8:45am DBSA Support Groups

DBSA will offer the following peer-led support groups:

- Depression
- Bipolar disorder
- Family/friends
- Parents of children with mood disorders
- Young adults
- Alcohol/substance abuse and a mood disorder

7:45am – 8:45am Yoga

Whether you're a beginner or have been doing yoga for years, this is a great way to start your day!

Watching Washington

This year there have been many debates on mental health laws and regulations that can significantly affect our lives. Learn about the latest issues on Capitol Hill – including mental health parity and patient privacy – and ways you can work with your representatives to help shape positive changes.

Crisis Planning

Being prepared is key to dealing with crisis. Do your friends and family know your feelings about hospitalization? Have you and your doctor discussed action steps if you begin to feel suicidal? This session will help you develop a plan to be better prepared for crises.

Alternative Treatments

This session will provide information to help you separate fact from fiction about some popular adjunctive and alternative treatments. Information will be presented on Vagus Nerve Stimulation, ECT, SAMe, St. John's wort and Omega-3 fatty acids, among others.

Breathe Deep

Relaxation isn't just about reducing stress in our lives, it's also about calming and comforting our mind, body and spirit. Come learn about different techniques and participate in a few mini-exercises to see what works best for you.

Sex, Love, and Relationships

Developing and maintaining personal relationships can be hard for anyone, but does having a mood disorder make it even harder? Come to this session to discuss topics such as ways to meet new people and telling the person you're dating about your diagnosis.

50 Minutes: Talk Therapy

How do you choose the right therapist and type of therapy? How do you know what to talk about and when therapy is working? When is it time to end talk therapy and how do you do it? These and other questions will be explored in this session.

12:00pm – 12:30pm DBSA Update

DBSA is the leading patient-directed national organization focusing on the most prevalent mental illnesses. Come hear the latest news and what's planned for the year ahead!

12:30pm – 1:00pm Closing Session

Registration Form

DBSA's 17th Annual Conference
Mind, Body, and Spirit
August 13-15, 2004
Hilton Pittsburgh
Pittsburgh, PA

Register Early and Save!

**\$30 discount on all
rates when you
register before
July 12th, 2004!**

You can also register online using our
secure online registration system at
www.DBSAlliance.org.

Please print or type clearly.
One registrant per form.
Form may be photocopied if needed.

*Information must be completed to process this form.

Name* _____

Address* _____

City* _____ State* _____ Zip* _____

Daytime phone* _____ E-mail _____

Special accessibility or dietary needs _____

In case of an emergency, please contact: _____ Phone _____

First Time Attendee ☐ Yes ☐ No Chapter/Support Group Affiliation _____

Please indicate which wellness strategy group you would like to participate in on Saturday, August 14th.

☐ Parenting ☐ Men
☐ Spouse/Partner Relations ☐ Young Adult
☐ Women ☐ I do not want to participate in a discussion group.

Registration Rates

(Save \$30 off these rates by registering before July 12th!)

Please check day(s) you will be attending.

	Donor	Non-Donor*
Full Conference	<input type="checkbox"/> \$160	<input type="checkbox"/> \$190
Friday	<input type="checkbox"/> \$80	<input type="checkbox"/> \$110
Saturday	<input type="checkbox"/> \$100	<input type="checkbox"/> \$130
Sunday	<input type="checkbox"/> \$80	<input type="checkbox"/> \$110

Registration Fee (from above) \$ _____

Early-bird registration discount - \$30 = \$ _____
(applicable if registering before July 12)

**Please reserve me _____ ticket(s) for the Pittsburgh
Pirates game on Saturday, August 14th.** _____ x \$17 = \$ _____

**Please reserve _____ ticket(s) for me for the Friends of DBSA
Reception on Saturday, August 14th.** _____ x \$35 = \$ _____

Subtotal (in U.S. dollars): \$ _____

_____ I'm a non-donor who'd like to give to DBSA. (*Non-donors may receive
the donor rate if they contribute to DBSA at time of registration.)

Choose one of the following donor categories:

☐ **Member** (minimum) \$20 ☐ **Bronze** \$21-\$149 ☐ **Silver** \$150-\$499 ☐ **Gold** \$500-\$999

☐ I'm a donor to DBSA and would like to give an additional gift.
Enter amount of donation to DBSA \$ _____

Total amount enclosed: \$ _____

_____ My check or money order is enclosed. **Payable to DBSA (in U.S. Dollars)**

Charge my: ☐ VISA ☐ MasterCard ☐ Discover ☐ American Express

Account number: _____ Exp. date: _____

Signature: _____

For office use only. Please do not write below this line.

____R ____AR ____DV / ____D ____ND / ____CHL ____CMHS ____DBSA

Registration

Register before July 12th and save \$30
off your registration fee. Your registration
fee for the 17th Annual Conference
includes admission to all educational
sessions, all program materials, dinner
on Friday, lunch on Saturday, and several
refreshment breaks. The Hilton has a
restaurant and coffee shop and there
are several shopping and dining options
within walking distance. We want to be
responsive to your needs! Please let us
know any special accessibility or dietary
needs in the space provided on the
registration form.

**PLEASE NOTE THAT THERE IS A
CANCELLATION FEE OF \$25.00.**

No refunds will be given after August 2, 2004
or to people who register but do not attend.

Please return registration form with payment to:

Depression and Bipolar Support Alliance
730 N. Franklin St. Suite 501
Chicago, IL 60610
Toll-free (800) 862-3632
Fax (312) 642-7243

A confirmation letter will be sent upon
receipt of your registration form and
payment. Please allow three weeks for
your confirmation.



Depression and Bipolar
Support Alliance

We've been there.
We can help.

The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly two million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

Depression and Bipolar Support Alliance

(Previously National Depressive and Manic-Depressive Association)
730 N. Franklin Street, Suite 501
Chicago, Illinois 60610-7224 USA
Phone: (800) 826-3632 or (312) 642-0049 • Fax: (312) 642-7243
Website: www.DBSAAlliance.org

Visit our updated, interactive website for important information, breaking news, chapter connections, advocacy help and much more.

Production of this brochure was made possible through an unrestricted educational grant from DBSA's 2003 Leadership Circle*:

*Elan Pharmaceuticals
Eli Lilly and Company
Janssen Pharmaceutica Products
Pfizer Inc*

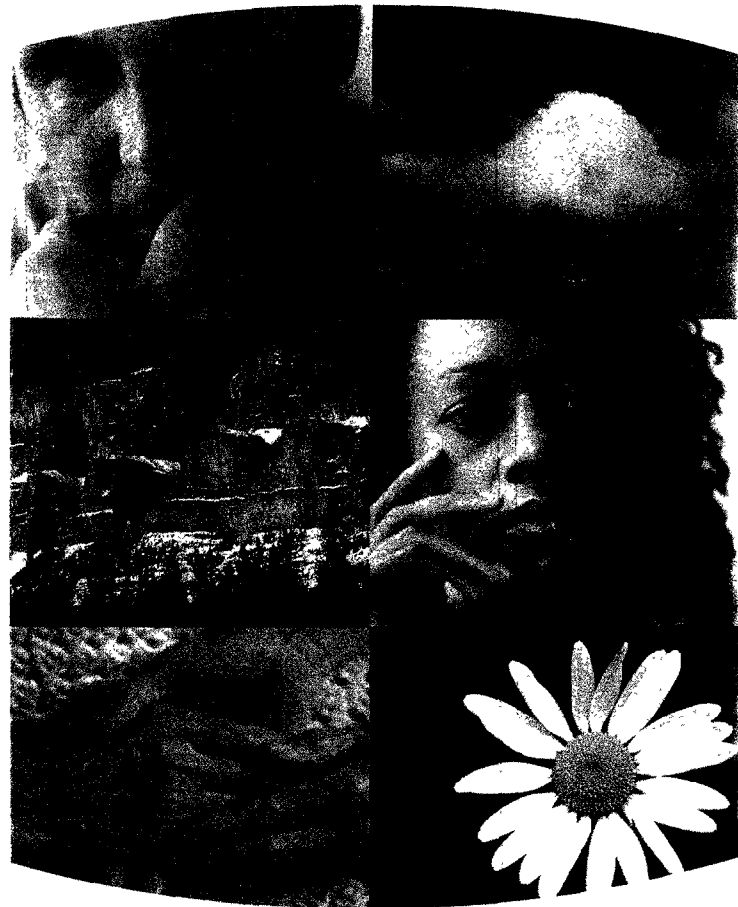
*Leadership Circle members as of 3/24/03

DBSA does not endorse or recommend the use of any specific treatments or medications for mood disorders. For advice about specific treatments or medications, individuals should consult their physicians and/or mental health professionals.

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Introduction to Depression and Bipolar Disorder



**Depression and Bipolar
Support Alliance**

Understanding. Supporting. Healing.



It's Not Just in Your Head

Everyone, at various times in life, feels sad. This is normal. Sometimes sadness comes from things that happen in your life: you move to a different city and leave behind friends, you lose your job or a loved one dies. But what's the difference between "normal" feelings of sadness and the feelings caused by clinical depression?

Depression Is Not Only Depression

Depression is not a character flaw or sign of personal weakness. You can't make yourself well by trying to "snap out of it" or "lighten up." And you can't catch it from someone else, although it can run in families. To understand what depression is, it's important to recognize the symptoms:

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, agitation
- Worry, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Unexplained aches and pains
- Feelings of guilt, worthlessness and/or hopelessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal
- Excessive consumption of alcohol or use of chemical substances
- Recurring thoughts of death or suicide

If you or someone you know has thoughts of death or suicide, contact a medical professional, clergy member, loved one or friend *immediately*.

If you experience five or more of these symptoms for more than two weeks or if any of these symptoms interfere with work or family activities, contact your doctor for a thorough examination. This includes a complete physical exam and a review of your family's history of illness. Do not try to diagnose yourself. Only a health care professional can determine if you have depression.

Bipolar Disorder

More Than a Mood Swing

Bipolar disorder is a treatable medical illness marked by extreme changes in mood, thought, energy and behavior. It is also known as *manic depression* because a person's mood can alternate between *mania* and *depression*. This change in mood or "mood swing" can last for hours, days, weeks or even months.

Don't Misdiagnose Mania

Unlike people with clinical (unipolar) depression, most people who have bipolar disorder talk about experiencing the "highs" and "lows" of the illness. The "highs" are periods of mania or intense bursts of energy or euphoria, which include some or all of the following symptoms:

- Increased physical and mental activity and energy
- Heightened mood, exaggerated optimism and self-confidence
- Excessive irritability, aggressive behavior
- Decreased need for sleep without experiencing fatigue
- Grandiose delusions, inflated sense of self-importance
- Racing speech, racing thoughts, flight of ideas
- Impulsiveness, poor judgment, distractibility
- Reckless behavior such as spending sprees, rash business decisions, erratic driving and sexual indiscretions
- In the most severe cases, delusions and hallucinations

Bipolar disorder affects more than two and a half million adult Americans. Like depression and other serious illnesses, bipolar disorder can also have an impact on spouses, family members, friends and people in the workplace. It usually begins in late adolescence (often appearing as depression during teen years) although it can start in early childhood or as late as the 40s and 50s. An equal number of men and women develop this illness and it is found among all ages, races, ethnic groups and social classes. The illness tends to run in families and is inherited in many cases.

Mood swings that come with bipolar disorder can be severe, ranging from extremes in energy to deep despair. The severity of the mood swings and the way they disrupt normal activities are what make bipolar mood episodes different from ordinary mood changes.



Sometimes it's hard to ask for help. If you or someone you know has a mood disorder, you may be feeling especially vulnerable, and talking to someone about it may be the last thing you want to do. But finding the right treatment is the first step in becoming an active manager of an illness like depression or bipolar disorder. Finding the right treatment starts with finding the right mental health professional.

Psychotherapy or "talk therapy" is an important part of treatment for many people. It can sometimes work alone in cases of mild to moderate depression. A good therapist can help you modify behavioral or emotional patterns that contribute to your illness. People with bipolar disorder and/or chronic depression usually benefit from a combination of medication and talk therapy.

The choice to take medication is entirely yours, but know that many people with mood disorders have significantly improved their lives because they've adhered to a treatment plan that includes medication. Though medication does not guarantee all your problems will be solved, the right one can improve your ability to cope with life's problems and restore your sense of judgment.

DBSA recognizes that dietary supplements and other alternative treatments that are advertised to have a positive effect on depression or bipolar disorder regularly enter the marketplace. DBSA does not endorse or discourage the use of these treatments. However, be aware that alternative treatments may have side effects or interact with prescribed medications, so read labels carefully and discuss them with your doctor or pharmacist before taking them.

As with other chronic illnesses such as diabetes, heart disease or asthma, people with mood disorders should see themselves as managers of their illness. Depression and bipolar disorder are *treatable*, but they are not yet curable. For many people, depression and bipolar disorder are chronic illnesses. If severe depressive and/or manic episodes reappear at some point in your life, don't panic. Your experience with previous episodes puts you one giant step ahead in the process of recognizing symptoms and getting help. By continuing your treatment plan, you can greatly reduce your chances of having symptoms recur.

The Value of DBSA Support Groups

With a grassroots network of more than 1,000 DBSA support groups, no one with depression or bipolar disorder needs to feel alone or ashamed. DBSA may offer one or more support groups in your community. Each group has a professional advisor and appointed facilitators. Members are people living with depression or bipolar disorder and their loved ones. As an addition to treatment, DBSA support groups:

- Can help increase treatment adherence and may help people avoid hospitalization.
- Provide a place for mutual acceptance, understanding and self-discovery.
- Help people understand that mood disorders do not define who they are.
- Give people the opportunity to benefit from the experiences of those who have "been there."

Take the next step toward wellness for you or someone you love. Contact DBSA to locate the group nearest you. If there is no DBSA support group in your community, DBSA can help you start one. Just give us a call at (800) 826-3632, write to us at 730 N. Franklin St., Suite 501, Chicago, IL 60610-7224 or visit www.DBSAlliance.org.

Yes, I want to make a difference. Enclosed is my gift of:

☐ \$100 ☐ \$50 ☐ \$20 ☐ Other \$ _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ COUNTRY _____ ZIP _____

DAYTIME PHONE _____

E-MAIL _____

☐ Check (payable to DBSA)

☐ Money order

☐ VISA

☐ MasterCard

☐ Discover

ACCOUNT NUMBER _____

EXPIRATION DATE _____

SIGNATURE _____

☐ I wish my gift to remain anonymous.

☐ Please send me _____ donation envelopes to share.

☐ Please send me information on including DBSA in my will.

☐ I have enclosed my company's matching gift form.

☐ I'd like to receive more information about mood disorders.

☐ Please send all correspondence in a confidential envelope.

If you would like to make your gift a Memorial or Honorary tribute, please complete the following:

☐ In memory of/in honor of (circle one) _____ PRINT NAME

☐ Please notify the following recipient of my gift: _____

RECIPIENT'S NAME _____

ADDRESS _____

CITY _____ STATE _____ COUNTRY _____ ZIP _____

**Please send this form with payment to: DBSA
730 N. Franklin Street, Suite 501, Chicago, IL 60610-7224 USA**

Questions? Call (800) 826-3632 or (312) 642-0049

Credit card payments (Visa, MasterCard or Discover) may be faxed to (312) 642-7243.

Secure online donations may be made at www.DBSAAlliance.org.

DBSA is a not-for-profit 501(c)(3) Illinois corporation. All donations are tax deductible based on federal and state IRS regulations. Consult your tax advisor for details. All information is held in strict confidence and will never be shared with other organizations. **Thank you for your gift!**

INT03

If you are having suicidal thoughts, it is important to recognize these thoughts for what they are: expressions of a treatable medical illness. Don't let embarrassment stand in the way of vital communication with your doctor, family and friends; *take immediate action*. You can take important first steps to manage these symptoms.

• Tell your mental health professional immediately.

• Tell a trusted family member, friend or other support person.

• Regularly schedule health care appointments.

• Instruct a close supporter to take your credit cards, checkbook, and car keys when suicidal feelings become persistent.

• Make sure guns, other weapons and old medications are not available.

• Keep pictures of your favorite people visible at all times.

• For help in a crisis, call the National Hopeline Network at (800) 442-HOPE.

Develop a Wellness Lifestyle

Keep the following in mind as you discover your own ways to reduce symptoms and maintain wellness:

• Regularly talk to your counselor, doctor or other health care professional.

• Share talking and listening time with a friend.

• Do exercises that help you relax, focus and reduce stress.

• Participate in fun, affirming and creative activities.

• Record your thoughts and feelings in a journal.

• Create a daily planning calendar.

• Avoid drugs and alcohol.

• Allow yourself to be exposed to light.

• Improve your diet. Avoid caffeine, sugar and heavily salted foods.

• Change the stimulation in your environment.

• Attend a local DBSA support group regularly.



Depression and Bipolar Support Alliance

We've been there.
We can help.

DBSA: Your Source for Information and Support

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

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DBSA does not endorse or recommend any specific treatment or medication for mood disorders. For advice about specific treatments or medications, individuals should consult their health care providers.



**Depression and Bipolar
Support Alliance**

We've been there. We can help.

Dear Friend,

Whether you have requested this information for yourself, a friend or a family member, you are not alone. Depression and bipolar disorder (also known as manic depression) affect millions of people. The first step in the journey toward wellness is to learn as much as you can about these illnesses, their symptoms and the treatment options.

DBSA publishes many brochures with information on depression and bipolar disorder that can help you and your loved ones. All of our brochures can be downloaded free of charge at www.DBSAlliance.org, or you can use the attached form to order them.

While you are online, at home or at your local library, we urge you to read the latest mental health news, share stories of hope, take a confidential screening for bipolar disorder or depression, find out about our upcoming conference, participate in a survey or let your representatives in Congress know how you feel about mental health issues. You can also find a DBSA support group, in person or online, where you'll have the opportunity to benefit from the experience of others who have "been there." Our website provides an ever-changing wealth of information.

Each year DBSA provides support to over two million people. We could not do this without help from people like you. We hope you will consider supporting the work of DBSA with a financial contribution. Gifts of any size are valued and appreciated. Your gift can change a life. Donations may be made on our website, by calling (800) 826-3632 or by using the attached form.

Our best wishes to you and your loved ones.

Lydia Lewis
President
Depression and Bipolar Support Alliance

DBSA Support Groups

An Important Step on the Road to Wellness

After the right diagnosis and treatment, the support of others is essential to wellness. DBSA groups provide the caring and help that's needed for lasting recovery. They are accepting, confidential and free of charge. DBSA group participants say their groups:

- Provide a safe and welcoming place for mutual acceptance, understanding and self-discovery.
- Give people the opportunity to reach out to others and benefit from the experience of those who have "been there".
- Motivate people to follow their treatment plans.
- Help people cope with crises and possibly avoid hospitalization.
- Help people understand that mood disorders do not define who they are.
- Help people rediscover their strengths and humor.

DBSA support groups are run by people who live with mood disorders and their loved ones. Each group is advised by a health care professional. Most groups offer free educational materials, and many maintain lending libraries, publish newsletters and provide information on area mental health services. A number of groups are also involved in community outreach or advocacy. There are over 1,000 DBSA support groups throughout the United States and Canada.

To find a support group near you, call

(800) 826-3632 or visit www.DBSAlliance.org
Click on "Find a Group" to search by state or zip code.

Are You Interested in Starting a Support Group?

Do something positive to help your community and yourself by starting a local support group. Leading a small group is easier than you think, and DBSA staff will be glad to help with resources and information. Contact our Chapter Relations staff at (800) 826-3632 or e-mail chapters@DBSAlliance.org.

For an online support group, visit
www.DBSAlliance.org/info/OnlineSupport.html.

Explore Health and Wellness at DBSA's Annual Conference!

Each year, DBSA brings people together in a supportive, creative, fun environment. Develop tools you can use on your wellness journey. Find out more about mood disorders and treatments from expert physicians and researchers. Hear inspiring stories of hope.

Our Annual Conference is held every August, and registration begins in Spring. Call or check our website to find out more.

DBSA's website is the first step on your internet search for mood disorder information. Easy to navigate and updated regularly, our site offers a variety of resources, including:



Fact sheets about mood disorders.

Downloadable brochures.

A searchable support group directory.

Tools to advocate for change at the local and national level.

Information on scientific studies and new treatments.

Inspiring personal stories.

Discussion forum bulletin boards and live chats.

Help locating a mental health professional.

Confidential mood disorder screening tests.

Free Publications from DBSA

All brochures are downloadable free of charge at www.DBSAlliance.org/bookstore/brochures.html. You can also order brochures and receive them by mail.

Bipolar Disorder: **Rapid Cycling** and its Treatment

Clinical Trials: Information and Options for People with Mood Disorders

Coping with Mood Changes **Later in Life**

DBSA **Support Groups** – An Important Step on the Road to Recovery

Dual Diagnosis and Recovery (**Alcohol and/or Drug Abuse**)

Finding a **Mental Health Professional:** A Personal Guide

Finding Peace of Mind: **Treatment Strategies** for Depression and Bipolar Disorder

Introduction to Depression and Bipolar Disorder

Is it Just a Mood... or Something Else? Information on Mood Disorders for **Young People**

Healthy Lifestyles: Improving and Maintaining the **Quality of Your Life**

Personal Calendar (A mood and treatment **tracking tool**)

The Storm in my Brain: **Kids and Mood Disorders** (A booklet for young children)

Suicide Prevention and Mood Disorders

Suicide Prevention **Wallet Cards**

Wellness at **Work**

You've **Just Been Diagnosed...** What Now?

To receive brochures by mail, write the quantity you would like in the blanks above. On a separate sheet of paper, please write the address where you would like them sent, and mail or fax to DBSA with payment if applicable.

1-5 are free

6 or more are \$0.25 per brochure plus shipping:

\$6.25 – 1st class mail

\$8.25 – UPS ground

\$12.00 – UPS second day air

Some brochures may go out of print from time to time. Please call (800) 826-3632 for our most updated brochure list.



I want to help DBSA
keep hope alive for people
with mood disorders and
their loved ones.

Check all that apply:

- I wish my donation to remain anonymous.
My employer's matching gift form is enclosed.
My gift is \$150 or more and I would like a certificate
suitable for framing.
Please send me information on including DBSA in my will.
Please send me information on Memorial or Honorary
donations.
My check/money order is enclosed in the amount of
\$ _____ payable to DBSA. (Please do not send cash.)
Please charge my total gift of \$ _____ to my
☐ VISA ☐ MasterCard ☐ Discover ☐ AMEX in:
☐ 1 installment of \$ _____
☐ 3 installments of \$ _____
☐ 6 installments of \$ _____
☐ 12 monthly installments of \$ _____

ACCOUNT NUMBER		EXPIRATION DATE	
SIGNATURE			
NAME			
ADDRESS			
CITY	STATE	COUNTRY	ZIP
DAYTIME PHONE		E-MAIL	

Please mail this form to: **DBSA**
730 N. Franklin St. Suite 501
Chicago, IL 60610-7224

Or fax to: (312) 642-7243

Make secure online donations at www.DBSAlliance.org.

Questions? Call (800) 826-3632 or (312) 642-0049.

Donations Change Lives

When you support DBSA, you are giving millions of people a new life – one where they can find understanding, support and acceptance. DBSA empowers people with help and hope. You can make a difference. Your financial support is the reason we are able to touch so many lives.

Each gift reinforces two simple truths – that no one needs to suffer alone, and that help is available. Please help us by contributing as generously as possible.

- \$25 Publishes and distributes 50 Suicide Prevention brochures.
- \$50 Helps start 10 new support groups.
- \$100 Reaches 10,000 people with DBSA's message of hope through the media.
- \$150 Helps maintain one online chat room for three months.
- \$250 Funds one day of advocacy on Capitol Hill in Washington, D.C.

*DBSA works hard to ensure your gift is used wisely.
89 cents of every dollar you give goes directly to our
programs and services.*

Categories

Member	\$20
Bronze	\$21-\$149
Silver	\$150-\$499
Gold	\$500-\$999
Platinum	\$1,000-\$4,999
Advocate Council	\$5,000-\$9,999

DBSA is a not-for-profit, 501(c)(3) Illinois corporation. All donations are deductible based on federal IRS regulations. Please consult your tax advisor for details. All information provided is held in strict confidence and at no time will be shared with, sold or rented to other organizations.